

# W. L. Stephens Pool Schedule

June

23 - 28

MONDAY		
Lap Swim 6:00 am – 8:30 pm 11:30 pm – 12:30 pm 7:30 – 8:45	6:00 am - 8:30 am	Lap Swim
	8:00 am – 9:45 am	Lessons
	8:00 am – 8:45 am /9:00 am – 9:45 am	Water Fitness
	9:45 am – 11:45	Special Groups / Lap Swim *
	11:30 am – 12:30 pm	Lap Swim
	1:00 pm – 3:45 pm	Kids Only Rec Swim
	6:00 pm – 7:45 pm	Lessons
	6:30 pm – 7:15 pm	Water Aerobics
	7:30pm – 8:45 pm	Lap Swim
TUESDAY		
Lap Swim 6:00 am – 8:30 pm 11:30 pm – 12:30 pm 7:30 – 8:45	6:00 am - 8:30 am	Lap Swim
	8:00 am – 9:45 am	Lessons
	8:00 am – 8:45 am /9:00 am – 9:45 am	Water Fitness
	9:45 am – 11:45	Special Groups / Lap Swim *
	11:30 am – 12:30 pm	Lap Swim
	1:00 pm – 3:45 pm	Kids Only Rec Swim
	4:00 pm – 5:00 pm	CIST Practice
	6:00 pm – 7:45 pm	Lessons
	6:30 pm – 7:15 pm	Water Aerobics
	7:30pm – 8:45 pm	Lap Swim
WEDNESDAY		
Lap Swim 6:00 am – 8:30 pm 11:30 pm – 12:30 pm 7:30 – 8:45	6:00 am - 8:30 am	Lap Swim
	8:00 am – 9:45 am	Lessons
	8:00 am – 8:45 am /9:00 am – 9:45 am	Water Fitness
	9:45 am – 11:45	Special Groups / Lap Swim *
	11:30 am – 12:30 pm	Lap Swim
	1:00 pm – 3:45 pm	Kids Only Rec Swim
	6:00 pm – 7:45 pm	Lessons
	6:30 pm – 7:15 pm	Water Aerobics
	7:30pm – 8:45 pm	Lap Swim
THURSDAY		
4Lap Swim 6:00 am – 8:30 pm 11:30 pm – 12:30 pm 7:30 – 8:45	6:00 am - 8:30 am	Lap Swim
	8:00 am – 9:45 am	Lessons
	8:00 am – 8:45 am /9:00 am – 9:45 am	Water Fitness
	9:45 am – 11:45	Special Groups / Lap Swim *
	11:30 am – 12:30 pm	Lap Swim
	1:00 pm – 3:45 pm	Kids Only Rec Swim
	4:00 pm – 5:00 pm	CIST Practice
	6:00 pm – 7:45 pm	Lessons
	6:30 pm – 7:15 pm	Water Aerobics
	7:30pm – 8:45 pm	Lap Swim

FRIDAY		
Lap Swim 6:00 am – 3:30 pm	6:00 am – 12:30 pm	Lap Swim
	8:00 am – 8:45 am / 9:00 am – 9:45 am	Water Fitness / Lap Swim *
	4:00 pm – 6:45 pm	Lap Swim
SATURDAY		
Lap Swim 9:00 am – 3:45 pm	9:00 am – 3:45 pm	Lap Swim
	9:00 am – 9:45 am	Water Fitness
	12:00 – 3:45 pm	Rec Swim

\*Limited Lap Lanes Available